

# Border Eagle

Vol. 53, No. 37

Laughlin Air Force Base, Texas

September 16, 2005

## Team XL aids hurricane relief efforts



Photo by Master Sgt. Anthony Hill

(Left) Chief Master Sgt. Ron Prothro, 47th Mission Support Group, and Master Sgts. Brad and Revonda Rials help unload boxed items during a delivery of Katrina relief items to the American Red Cross collection location at Plaza Del Sol Mall in Del Rio Saturday. Charlene Wolters, wife of Col. Tod Wolters, 47th Flying Training Wing commander, led the collection effort at Laughlin where more than \$5,000 worth of goods were donated.

By Master Sgt. Steve Milligan  
Public Affairs

Generosity, compassion and a tremendous display of kindness is the best way to describe Laughlin's response to the victims of hurricane Katrina.

"Small community, huge hearts," said Charlene Wolters, wife of Col. Tod Wolters, 47th Flying Training Wing commander.

Mrs. Wolters led collection efforts here for the American Red Cross to assist victims of the devastating storm that wreaked havoc on the Mississippi and Louisiana coast.

Katrina left tens of thousands stranded and homeless with nothing more than the clothes on their backs.

Laughlin volunteers worked numerous hours collecting needed items such as food, water, personal hygiene items, diapers, baby food and some clothing.

Key collection points were set up at the Base Exchange and Commissary where contributors were given a list of needed items.

Donations were then taken to

See 'Hurricane relief efforts,' page 4

## Laughlin's CFC campaign kicks off

Compiled from staff reports

The 2005 Combined Federal Campaign kicks off here Monday and runs through Oct. 21.

This annual fall fund-raising drive allows nearly four million federal employees and service members to contribute to more than 1,500 local, national and international nonprofit organizations.

The campaign runs for six weeks at all Air Education and Training Command bases.

"I want to personally encourage everyone, military and civilian, to contrib-

ute to this outstanding program," said Gen. William R. Looney III, AETC commander. "The Combined Federal Campaign is our one great opportunity to give our support to those local, national and international non-profit organizations that help so many in times of need."

In 2004, through the generosity of people around the world, almost \$257 million was raised and provided to charities. The campaign was authorized in 1961 and designated as the uniform fundraiser method for the federal service in 1971. CFC is the largest workplace-charity campaign in the country. Donors

may designate which charity or charities receive their money by filling out a pledge card. Contributions can be made in cash, by check or payroll deduction.

Most important is the fact that on average one in four federal employees or their family members will benefit from the CFC charities this year alone, according to CFC officials.

Each AETC base has a local project officer assigned. Contact your project officer for more information or go to the CFC Web site at <http://www.opm.gov/cfc/>.

See list of Laughlin's CFC unit representatives, page 5.

## Newslines

### POW/MIA Day events

Laughlin POW/MIA Day events will begin today with an Air Force Sergeants Association's 12-hour flag vigil at 5 a.m. and a ruck march hosted by the 47th Security Forces Squadron.

A symposium is scheduled at 4 p.m. today in Anderson Hall followed by a retreat ceremony with a missing-man formation flyover at 5 p.m. at Heritage Park.

### Check LES for pay data

The finance customer service requests Laughlin members review the pay-data portion in LES to ensure they have the correct zip code 78843 or 78840 listed for BAH.

Call 298-5215 immediately if the data reflects a different zip code.

### Tax center remains open

The tax center will remain open until Sept. 30. Services will be limited to individual income tax assistance. The tax office is open Monday through Friday from 7:30 a.m. to 4:30 p.m. For an appointment, call 298-4858.

### Deployment stats

Deployed:	32
Returning in 30 days:	23
Deploying in 30 days:	5

### Mission status

Mission capable rate  
(As of Tuesday)

T-1, 86.4%	T-6, 89.2%
T-38C, 76.8%	

## Alcohol-related incidents

January to September 2004 17

Jan. 1 to September 3, 2005 20

Days since last incident 7

## Team XL: Always there in time of need



### Commander's Corner

**Col. Tod Wolters**  
47th Flying Training Wing  
commander

Team XL!  
In the wake of massive devastation left by Hurricane Katrina, you were magnificent. You donated "needed" items to

the Red Cross...boxes and boxes of relief goods departed our installation headed to Katrina survivors.

For all who gave, your gesture means so much for those who have so little left. Also, you contributed \$2,200 to the special fund drive. Again, this goes to the best of causes; we're helping other citizens in a time of great need.

When our Chaplain asked for volunteers to sponsor displaced Katrina victims, 100s

signed up! There is no doubt Team XL will provide a warm welcome and ensure our guests are taken care of. When Department of Defense needed people to serve in hard-hit areas, you stepped up.

We only have a few folks deployed right now, but we've got people--volunteers--waiting in the wings to go when and where needed.

You make us all so proud to be associated with Team XL. Well done!

## Character counts in all activities on, off duty

**By Col. Michael Isherwood**  
355th Wing vice commander

DAVIS-MONTHAN AIR FORCE BASE, Ariz.--"At least I can say I served with men of character."--Gen. Dwight D. Eisenhower

General Eisenhower wrote those words to his son when rumors surfaced that he would be forced to retire during the early days of World War II. Serving with men and women of character for the good of our nation is perhaps the single greatest reason why we remain in uniform.

Simply said, character counts.

This is true of the Airmen I see as I travel to the flight line, backshops and work centers.

I find young Airmen of character. They tell me how it is. Good and bad. I can sense their unease at passing along bad news. I suppose they fear they might get blamed or that they're making their leadership look bad. Their character allows them to shoot straight with me and pass along bad news.

But this wing's leaders are not interested in blame. They are committed to fixing problems. If we don't know the problems, we can't get the resources, time or training to

allow the mission to get done.

This same character must be present when we take off our uniforms after our shifts and on weekends. Our standards apply 365/24/7. We must demonstrate our integrity fresh each day.

How? There are many examples.

You and I surely have seen examples when we're out with friends at a restaurant, club or someone's house. We see someone have a couple of beers or alcoholic drinks. The "easy" thing is to not say anything ... not to highlight them as not able to drive home. Or, we see fellow Airmen, underage, with a beer in their hand. Our character, however, compels us to step up and shoot straight with them. In the first case, get their keys. In the second case, get them a soda.

That's how character counts when we're out of uniform. Character is not a light switch that we turn on when convenient or when we put on our BDUs or flightsuit.

We must have character as we develop and nurture our Airmen. Our Airmen are the foundation of our combat power. How we develop them is how we develop and sustain our warrior culture.

Character is what compels

you to set aside your interests to help the "new guy" or young Airman master his or her career development course or technical skills. You pause on your way home or to lunch to ask how he or she is doing. Then, you act ... to help that Airman learn what you know. That's character.

We must have character when we show installation stewardship. We translate "don't walk by a problem" to "pick up that empty plastic bottle" along the curb at the Base Exchange. You set the example. That's character.

We must have character as we prepare to deploy when ordered. It is how we take the fight to the enemy. You and I have a personal readiness folder. It has dozens of actions that must be done. They take time, but they are important. When we do them, that is character.

Finally, we must have character when we fight when called. Airmen here have demonstrated character in spades for years.

The attack pilot showed it when he provided close air support to help Soldiers and Marines caught in a firefight.

See 'Character,' page 3

## Border Eagle

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*Internal information chief*

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**Olufemi Owolabi**

*Editor*

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### Deadlines

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, 298-5262. **Copy deadline is close of business each Thursday the week prior to publication.**

Submissions can be e-mailed to: [olufemi.owolabi@laughlin.af.mil](mailto:olufemi.owolabi@laughlin.af.mil) or [sheila.johnston@laughlin.af.mil](mailto:sheila.johnston@laughlin.af.mil).

### Advertising

Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.



Actionline

Col. Tod Wolters  
47th Flying Training  
Wing commander

Call 298-5351 or email  
actionline@laughlin.af.mil

One way to work through problems that haven't been solved through normal channels is the Commander's Actionline.



Before you call in or e-mail an Actionline, please try to work out the problem through the normal chain of command or directly with the base agency involved.

When calling or e-mailing the Actionline, please keep messages brief and remember to include your name and phone number so you are assured of a timely personal reply. Contact information is also useful when additional information is needed to pursue your inquiry.

We will make every attempt to en-

sure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the Border Eagle.

Thanks for your cooperation, and I look forward to reading some quality ideas and suggestions.

Below are some useful telephone numbers that may be helpful when working your issue with a base agency.

AAFES	298-3176
Finance	298-5204
Civil Engineer	298-5252

Civilian Personnel	2985299
Clinic	298-6311
Commissary	298-5815
Dormitory manager	298-5213
EEO	298-5879
FWA hotline	298-4170
Housing	298-5904
Information line	298-5201
Legal	298-5172
MEO	298-5400
Military Personnel	298-5073
Public Affairs	298-5988
Security Forces	298-5900
Services	298-5810

Friendship Pool  
closure

**Question:** I learned the Friendship Pool will be closed in (this month) September. I think children

would still swim after school if it were open. Are they losing money? Why is the pool closing from September to May?

**Response:** The Friendship (out-door) Pool swim season has usually been scheduled from Memorial

Day through Labor Day each year. This is the traditional outdoor swim season practiced throughout most bases as a community summer program. As with any base operation, operating hours are determined based upon customer demand and operating costs. We are

happy to inform you that due to strong customer demand this year we extended the Friendship Pool swim season through Sept. 30. We will review use and operating cost of this extended timeframe to determine next year's swim season dates.

POW/MIA Day: Honoring our heroes, fallen

By Kathy White  
Public Affairs

I'm a baby-boomer through and through. I was in high school, then college during the Vietnam conflict. Being from a conservative Midwestern state, there wasn't much in the way of anti-war activity at either my high school or the university.

If we thought about it at all, most in my area supported the troops. Like many, I wore a

POW-MIA bracelet and I was happy when "my" POW came home. Thinking back, our support probably was as tepid as the anti-war movement. None of it seemed real in the middle of the Midwest.

Fast forward to 1981. I was a captain at Randolph Air Force Base. A chance encounter at the Officers Club changed my perspective. There I met a lieutenant colonel, a man who had spent almost seven years

as a POW in North Vietnam. He told me stories of horrors you can't imagine. Horrors like being tortured to sign a document saying they were being treated humanely. He told me of unimaginable courage among the men imprisoned, how they banded together to support each other. How they risked torture and death to communicate. How they kept their spirits up. I asked him once

what kept them going. He said it was faith --faith in their country; faith in their comrades; faith in their God. He said they knew the United States would never abandon them. He said they knew absolutely they could count on each other. He said they knew their God, regardless of their religious background, would protect them. I still can't imagine what those men went through. Few can. But knowing this man,

a former POW who came home to finish a solid Air Force career, raise a family and fly for a major airline, I know what a hero looks like. A hero looks like him; like his fellow POWs; and like the Airmen, Soldiers, Sailors and Marines past and present who put themselves in harm's way to defend our way of life. And I know, as those POWs knew, that this country will never forget those who have not yet come home. We keep the faith.

Character, from page 2

Rescue and Compass Call crews are showing it as you read this, in the air and on alert in Iraq and Afghanistan. What they do is irreplaceable and critical to saving American lives and getting the mission done. Security Forces showed character as they stood alert at the entry point to Balad and other bases. They stood alert for the next suicide bomber.

The explosive ordnance disposal Airmen showed character when they disarmed more than 260,000 pounds of explosives. Several hundred improvised explosive devices were among that count. They did almost 1,000 missions, most while under direct and in-direct fire. Vehicle operators showed character as they drove more than 500 convoys in Iraq. They delivered a million tons of supplies. And, they were at-

tacked more than 100 times. One Airman told me how a rocket-propelled grenade ricocheted two feet in front of him. Another told a story of how he recognized AK-47 slugs passing through the cab of his vehicle. These Airmen are steadfast in their duty. Their character gives them a sense of purpose and drive to get the mission done, to not falter as part of the team, not let their buddies down around them.

Soon I will deploy. We know that it is not if or when we will come under hostile fire. The question will be how often. I will be surrounded by the finest our nation has to offer. Airmen who never apologize for our conduct under fire. They understand that character is not a light switch they turn on only when the bullets start to fly. Each day, I strive to reflect the privilege to serve along side you, men and women of character.

**Hurricane relief effort, from page 1**

Fellowship Hall at the Chapel where about 70 volunteers boxed the items for delivery to the Red Cross collection location in Del Rio.

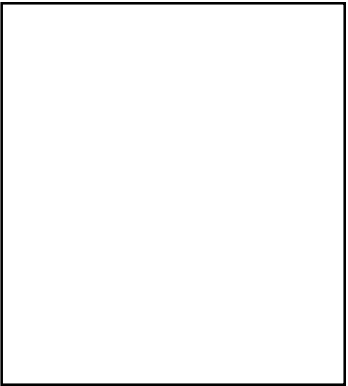
Ten Laughlin company grade officers awaiting Specialized Undergraduate Pilot Training class start date led the effort to pick up the materials from the collection points to take to Fellowship Hall.

Lt. Col. Joseph Lim, base chaplain, estimated more than \$5,000 worth of goods were collected. The chapel staff also raised \$7,000 in cash donations that will go directly to support hurricane victims at Keesler Air Force Base, Miss.

One volunteer stated the Laughlin community was so generous that the Base Exchange and Commissary started to experience shortages of some of the products on the list.

“These are simple items we take for granted,” Mrs. Wolters said, “but they will make such a difference for a family who has lost everything.”

Mrs. Wolters also wanted to express her gratitude for all of the volunteers who donated and gave of their time to make the effort a huge success.



# Base Unit Combined Federal Campaign Reps.

Squadron/Unit	Name	Phone	Squadron/Unit	Name	Phone
<b>47th Operations group</b>	Master Sgt. Felix Guerra	298-5759	<b>47th Medical Group</b>	Master Sgt. David Adkins	298-6383
47th Operations Support Squadron	Airman 1st Class Nikia Henry	298-5442	47th Aeromedical Squadron	Capt. Jenny Bomba	298-6429
47th OSS	Airman 1st Class Jennifer Manibusan	298-5338	47th Medical Support Squadron	Staff Sgt. Cherie Caperton	298-6318
84th Flying Training Squadron	1st Lt. Nate Loucks	298-5726	47th Medical Operations Squadron	Senior Airman Vic. Donnelwald	298-6510
85th FTS	1st Lt. Peter Mauro	298-5399	<b>47th Maintenance Directorate</b>	Andrew McCullough	298-5290
86th FTS	Capt. Billy Upshaw	298-4243	47th MX	Walter Jenkins	298-5695
87th FTS	1st Lt. Steve Baker	298-5383	T-1 Aircraft MX	Veronica Montalvo-Vega	298-4275
<b>47th Mission Support Group</b>	Tech. Sgt. Anthony Williams	298-2109	T-6 Aircraft MX	Mike Bogart	298-5497
47th Civil Engineer Squadron	Staff Sgt. Joseph Crandall	298-5633	T-38 Aircraft MX	Capri Hughes	298-5381
47th Communications Squadron	2nd Lt. Oliver Williams	298-4285	Component MX	Damon Williams	298-5808
47th Contracting Squadron	1st Lt. Rebekah Gaylord	298-5744	MX Operations Division	Sylvia Salas	298-5796
47th CONS	Senior Airman Vincent Davis	298-4352	Quality Assurance Staff	Cesar Espinoza	298-5964
47th Mission Support Squadron	Master Sgt. Christina Kibler	298-4382	Executive Performance Staff	Viridiana Rios	298-4343
47th Services Division	2nd Lt. Jonathan Gardner	298-5211	Contract Performance Mgt. Staff	Diana Carta	298-5016
47th Logistics Readiness Division	Staff Sgt. Freddie Fong	298-4294	<b>47th FTW staff agencies</b>	Senior Airman Athena Joslin	298-5167
47th Security Forces Squadron	Tech. Sgt. Michael Kyker	298-4413	47th Comptroller Squadron	Airman 1st Class Sedelia Gonzalez	298-4390

Pay rules change for GS civilian employees

RANDOLPH AIR FORCE BASE, Texas - The Office of Personnel Management recently amended the rules governing pay setting for employees covered by the General Schedule. The rules implement section 301 of the Federal Workforce Flexibility Act of 2004.

The primary purpose of the Act is to correct various pay anomalies relating to the administration of special rates, locality rates and retained rates.

The new rules now treat locality rates and special rates in a consistent way, resulting in pay rules that are more rational and fair, according to OPM officials. Also, because the Act became effective May 1, the new pay administration rules must be made effective retroactive to that date.

A few of the key changes made by the Act and OPM's regulations, and some of their resulting impact to the workforce include:

--Locality rate (basic pay plus locality pay), instead of

just basic pay, is now considered in applying various pay-setting rules such as maximum payable rate, promotion and pay retention. As a result, non-GS employees moving to GS positions may be set in a lower step and fewer actions will result in pay retention since locality rate is higher than basic pay.

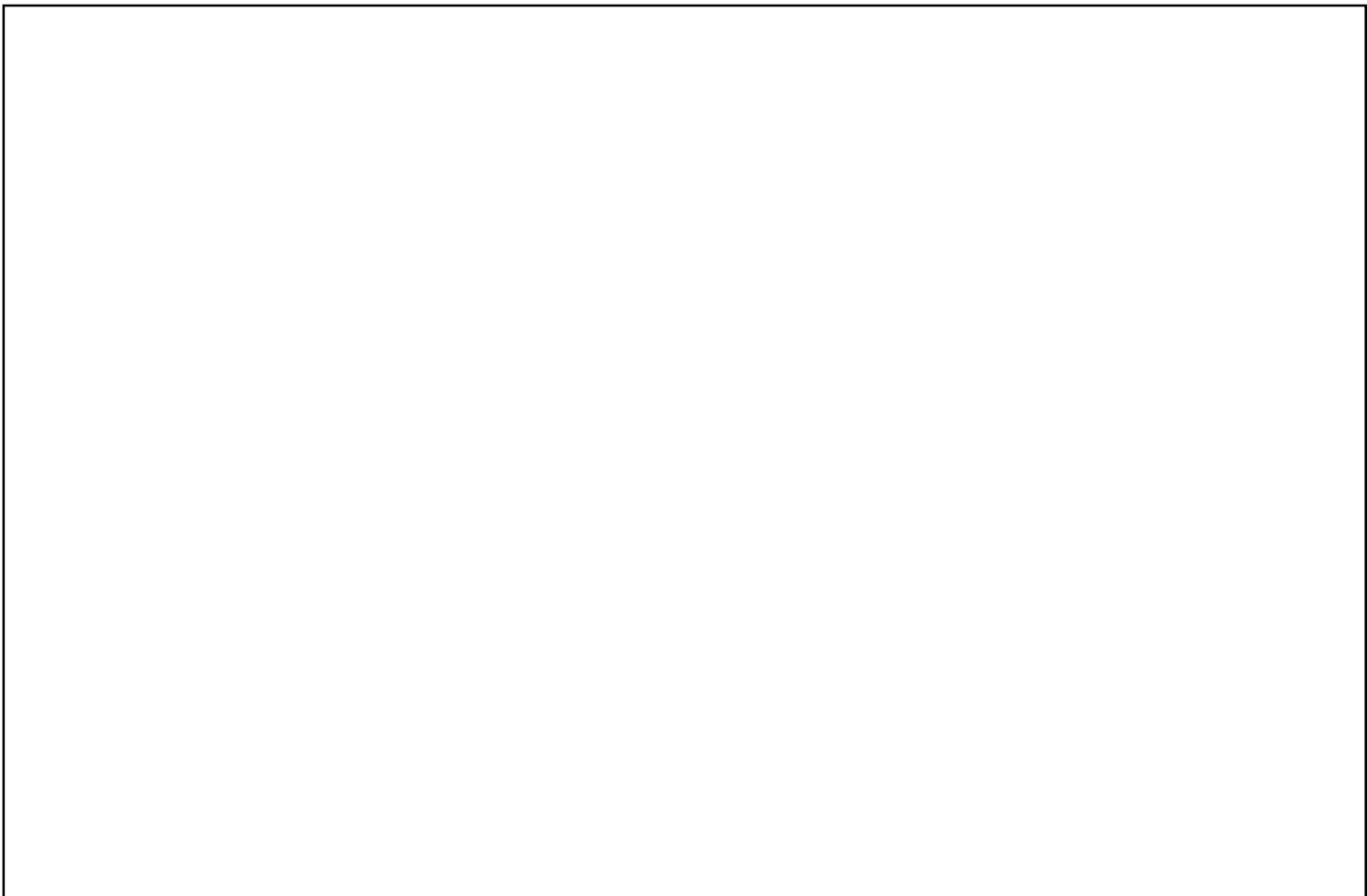
--Locality rates will be taken into account when applying pay retention rules. Locality pay will no longer be paid on top of a retained rate. Retained rates will be compared to the highest applicable rate range (as adjusted to include any locality or special rate supplement).

--Entitlement to a special salary rate ceases if the employee is entitled to a higher locality rate. As a result, even though an employee receives the same total salary, the base rate is less and full locality is paid. Since retention allowances approved prior to May 1, 2005 were computed as a percentage of an underlying special salary rate rather than the underlying

basic rate, the amount of any retention allowance will also be reduced when the special rate entitlement ceases. The reduction of retention allowances is not subject to appeal.

More detailed information on the new pay administration rules is available at <http://www.opm.gov/oca/compmemo/2005/2005-10.asp>.

For more information, Laughlin members should call the civilian personnel office at 298-5806.







**Senior Airman Rebekah Mallery**  
47th Communications Squadron  
Ground Radio Maintenance journeyman

**Hometown:** Rochester, N.Y.

**Family:** Husband, Sean

**Time at Laughlin:** 2 years

**Time in service:** 2 years and 10 months

**Greatest accomplishments:** Getting married

**Hobbies:** Playing video games, reading and puzzles

**Bad habit:** Asking too many questions

**Favorite movie:** "Monty Python's Quest for the Holy Grail"

**If you could spend one hour with any person, who would**

**it be and why?** Napoleon Bonaparte, because I believe he was a brilliant mind in history.

"Everything she touches turns to gold. One of the Air Education and Training Command I.G. inspectors said her additional duty programs were the best he's seen in his 16-year career!"

--Staff Sgt.

Robert Worthington,  
47th Communications Squadron



Photo by Airman 1st Class Olufemi A. Owolabi

## Wing sets stage for Fit-to-Fight Challenge

The 47th Flying Training Wing Fit to Fight Readiness Challenge begins at 7 a.m. Sept. 29 at the base track.

The day of food, sports and fun begins with a 5K run at the track, which is mandatory for all military members who are not on profile.

More than 20 activities are open for participation include track-and-field events, a homerun derby, tug-of-war, hot-shot basketball, ultimate frisbee, in addition to tricycle, sandbag, litter and soccer dribble relays.

Events will be conducted by base squadron representatives and will include rules for competitors.

Today is the deadline to contact unit physical training leaders and sign up for events.

## Base Airmen against drunk driving saves lives, careers

**LAUGHLIN AIR FORCE BASE--**There's a group of volunteers here who stand prepared on weekends to assist base members who have gone out on the town and may need help with a safe ride home.

These volunteers are part of Base Airmen Against Drunk Driving, a private organization formed on Laughlin about two years ago.

"The purpose of the organization is to reduce alcohol related incidents in our military community," said Master Sgt. Dora Caniglia of the 47th Aeromedical-Dental Squadron and the president of BAADD.

In an effort to help everyone remember the service, they recently changed their phone number to 298-HOME (4663).

BAADD volunteers operate from the Enlisted Heritage Center on Fridays and

Saturdays from 10 p.m. to 3 a.m. and occasionally on Sundays when Monday is a holiday.

In addition, the program is completely anonymous and no one will take names or rank to send up the chain.

"We offer free transportation to active-duty members, family members and Department of Defense civilians assigned to Laughlin who are unable to drive when under the influence of alcohol," Sergeant Caniglia said. "All they have to do is remember a safe ride home is available by calling 298-HOME, and volunteers will be dispatched to take them to their residence." Volunteers will pick up participants in downtown Del Rio and at Customs but they will not go into Mexico.

BAADD has been very successful since its inception, according to the

organization's assistant secretary, Tech. Sgt. Glen Houtchens, 47th Mission Support Squadron's First Term Airman Center.

Statistics were tracked in March to see the level of success attained and they revealed over 150 volunteers have provided safe transportation to 121 base personnel.

"That's 121 careers that have could have been ruined," Sergeant Houtchens said. "In addition, an immeasurable number of lives have been saved as a by-product."

Both sergeants agree that volunteers have made BAADD a success. They also agree that more are needed every weekend.

"There are a number of regular volunteers who take this duty very seriously," said Sergeant Caniglia. "There are also squadrons, flights and base organizations that rotate their person-

nel the whole weekend. However, BAADD is in need of more volunteers in order to prevent potential deadly accidents and career-ending mistakes."

Three individuals are needed each night as a dispatcher, a driver and an observer. Drivers and observers are paired male and female to ensure proper conduct is maintained. Volunteers are also asked to use their personal vehicles.

The best way to volunteer, according to Sergeant Houtchens, is online at [laufs03202\laughlin\organizations\baadd\volunteer](http://laufs03202\laughlin\organizations\baadd\volunteer) information. Go to the volunteer calendar and select a position and date.

"BAADD is not a substitute for proper planning or risk management," Sergeant Caniglia said, "but when your plans fail, call us and we'll get you home."

**Don't try or even think about it!**



**Don't Drink and Drive.**

**Laughlin's Base Airmen Against Drunk Driving can be reached Fridays and Saturdays from 10 p.m. to 3 a.m. by calling 298-HOME (4663).**

## Laughlin congratulates ALS graduates

By Staff Sgt. Stephanie Cass  
47th Mission Support Squadron

Airman Leadership School Class 05-7 graduated Thursday at Club XL. More than 180 guests attended the evening graduation banquet.

Twelve senior airmen completed 24 academic-duty days consisting of 192 hours. Graduates studied three areas of curriculum: communication skills, leadership and management, and the profession of arms.

The communications curriculum focused on military briefings, performance feedback worksheets, bullet statements, official correspondence, and interpersonal counseling. Proficiency was measured through hands-on performance.

The leadership and management curriculum was measured through objective tests designed to measure comprehension of human resource and leadership principles. Graduates must achieve an academic average of 70 percent on two evaluations.

The profession of arms curriculum involved uniform inspections, reveille

and retreat ceremonies, drill and a series of lessons on national security, projection of air power, national security strategy, and terrorism. Graduates aimed to demonstrate an understanding and appreciation for their role in the Air Force mission.

ALS is affiliated with the Community College of the Air Force through the College for Enlisted Professional Military Education. The graduates are awarded nine semester hours toward a CCAF degree.

During the class, the students organized a car wash to raise funds for the Bethel Center of Val Verde Incorporated. They raised over \$200 towards this worthy cause.

The guest speaker for the graduation ceremony was retired Chief Master Sergeant Emilio Serrano, a former senior enlisted advisor, 12th Flying Training Wing at Randolph Air Force Base.

Several students of Class 05-7 distinguished themselves among their peers. The recipients were determined based on academic performance and peer and staff evaluations. The John

L. Levitow Award recipient was Senior Airman Blake Ennis, 47th Communications Squadron.

The Academic Achievement Award recipient was Senior Airman Andrew Webber, 47th Civil Engineer Squadron. The Leadership Award recipient was Senior Airman Alma Garcia, 47th Medical Operations Squadron.

ALS Class 05-7 members were:  
Senior Airmen

--Arturo Castro, 47th Comptroller Squadron

--Rebekah Cruz, 4th Operations Support Squadron

--Blake Ennis, 47th CS

--Alma Garcia, 47th Medical Operations Squadron

--Oscar Gonzalez, 47th CPTS

--Charles Harrell, 47th Security Forces Squadron

--Jonathan Hill, 47 OSS

--Jennifer Johnson, 47th SFS

--Jeremy Marlow, 47th CES

--Daniel Ruiz, 47th OSS

--Yvonne Watkins, 47th Aero-Medical-Dental Squadron

--Andrew Webber, 47 CES



Photo by Alan Boedeker

### Hot lunch ...

Members of a Mexican army field kitchen unit prepare lunch for Hurricane Katrina volunteers and

evacuees in Kelly USA Sept. 9. The unit is the first Mexican military unit to operate on U.S. soil since 1846 and the first Mexican disaster aid mission to America.

## Laughlin Salutes

### SUPT Class 05-14 awards

**Daedalian award:**  
Capt. Clinton Gharis

**Academic award, airlift/tanker track:**  
Capt. Jeremy Jones

**Academic award, fighter/bomber track:**  
Capt. Clinton Gharis

**Flying training award, fighter/bomber track:**  
2nd Lt. Andrew Stolee

**Flying training award, airlift/tanker track:**  
2nd Lt. Christopher Francis

**Citizenship award:**  
2nd Lt. Thomas Chapman

**AETC Commander's Trophy, fighter/bomber track:**  
2nd Lt. Andrew Stolee

**AETC Commander's Trophy, airlift/tanker track:**  
2nd Lt. Christopher Francis

**Fighter/bomber Distinguished Graduate:**  
2nd Lt. Andrew Stolee

**Airlift/tanker Distinguished Graduate:**  
Capt. Jeremy Jones  
2nd Lt. Christopher Francis

**Outstanding Officer of Class 05-14:**  
Capt. Jeremy Jones

**Outstanding 2nd Lieutenant Award:**  
2nd Lt. Jeffrey Cannet



### Air Force News ONLINE

Access current news and information at United States Air Force Online News, the official newspaper of the United States Air Force. With a simple mouse click go to [www.af.mil/news](http://www.af.mil/news)

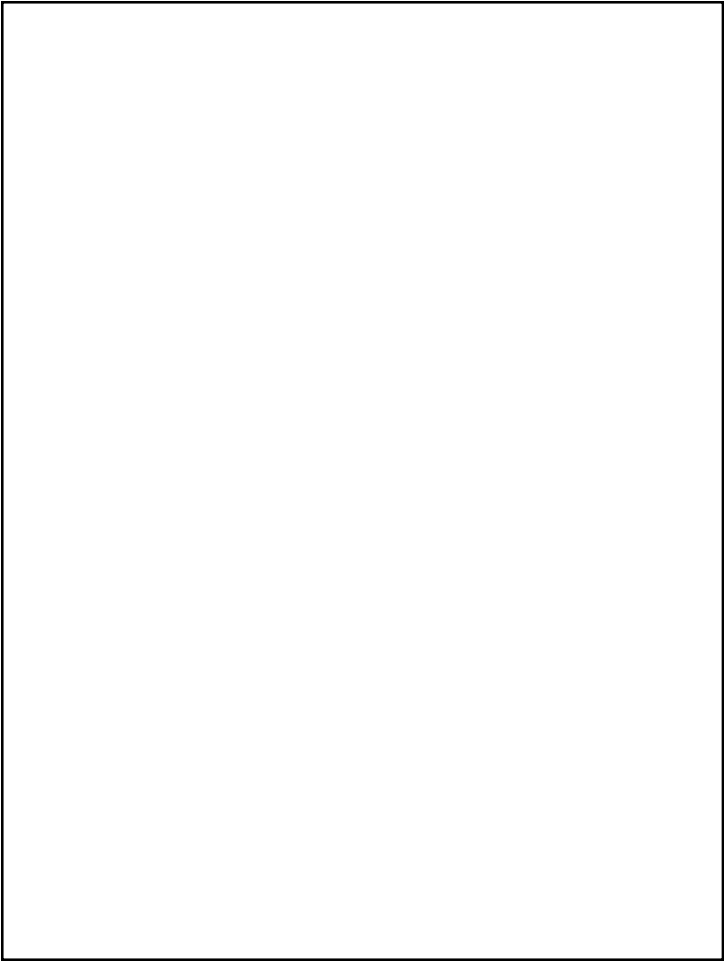
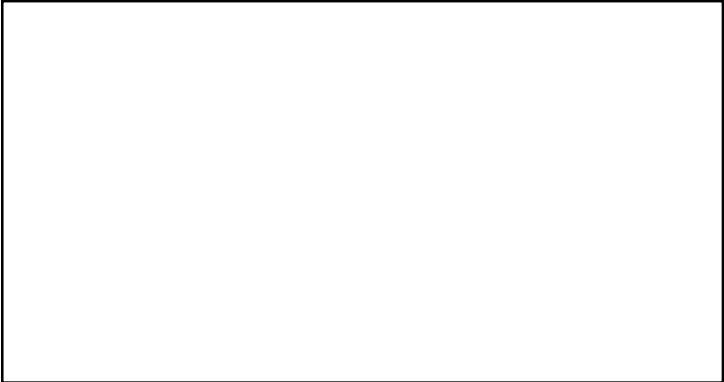
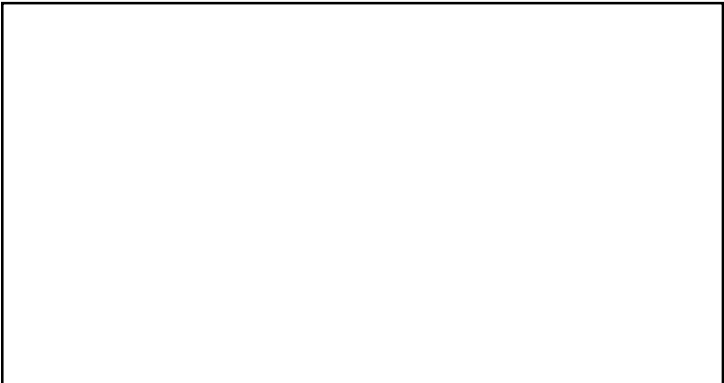
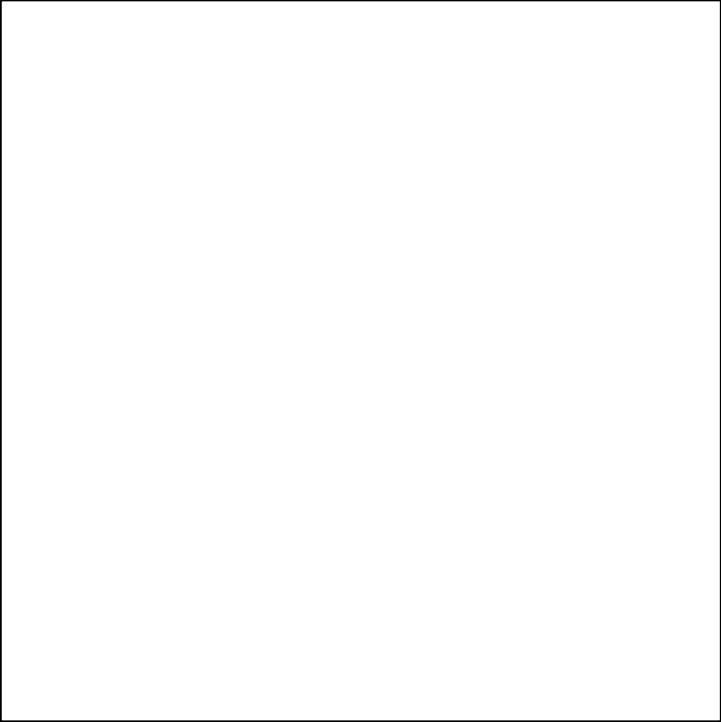



Photo by Master Sgt. Anthony Hill

### Commissary supports hurricane victims...

Anthony Longo (center), Laughlin’s commissary manager, presents \$500 worth of gift certificates to Col. Tod Wolters, 47th Flying Training Wing commander, and Chief Master Sgt. Ted Pilihos, 47th FTW command chief master sergeant. Mr. Longo provided the commissary certificates for military members, retirees and their families who were displaced by Hurricane Katrina and who are currently living in Del Rio. There are four of those families here who will benefit from the commissary’s support, according to Master Sgt. Rufino Gonzalez of Laughlin’s Family Support Center. The certificates can be used by the families at any commissary throughout the world.



### Interested in the Air Force?



Call Del Rio’s Air Force recruiter at 774-0911.



## What's up Doc?

**By Col. Laura Torres-Reyes**  
*47th Medical Group commander*

**Question:** I had an appointment at the clinic and had to pick up a prescription.

While I was waiting on the other side of the doors for the prescription to be filled, those doors must have operated a hundred times because of people getting

their meds filled and walking in front of the electric eye on the doors.

Also there was a mom turning in her prescription at the pharmacy, and she had two kids, one boy about 7 and a little girl about 2. They were over playing at the doors making them open and shut.

The little girl almost got caught in the doors when they closed. Can something be done to fix that? I'm sorry to bother you, but I thought you should know.

**Answer:** Thank you so much for bringing this important safety issue to my attention!

Yes, it is a safety issue, and we

have fixed the problem. Ted Conner, our facility manager, has set the open command on the inner door by the pharmacy entrance.

This will ensure that patients can easily enter and exit the facility on that side, without worrying about the timing of the sliding doors.

Also, we are posting a sign in the entryway that reminds parents to maintain positive control of their children while in the clinic facility.

Your feedback is very valuable to us, and if there is ever a concern or issue that requires our immediate attention, please don't hesitate to request to speak to a section patient advocate.

The patient advocate will ensure prompt resolution of your concern/issue on the spot, or, will ensure the issue is investigated appropriately and will provide follow-up information back to you within three business days.

Again, thank you so much for helping us ensure the safest possible environment of care for our patients and staff. Kudos to you for being a responsible safety advocate!

You may contact Colonel Torres-Reyes at [laura.torres-reyes@laughlin.af.mil](mailto:laura.torres-reyes@laughlin.af.mil) if you have a What's Up Doc? question.

## Child obesity becoming epidemic, prevention needed

**By Dr. Maria Perez-Johnson**  
*Staff Pediatrician*

"Am I fat?"

Wow, it was a question posed by my 11-year-old son the other day.

It is amazing how much emphasis is placed on body image these days. With a teenage daughter, I realize the impact the media has on kids. The emphasis to be thin can lead to so many emotional and food disorders.

My son weighs 78 pounds so by all measures, he is definitely not obese. But why as parents should we be concerned with our kid's weight?

Society has come a long way from believing that a hefty weight signifies good health.

Back in the day, a person's wealth was measured by the size of their pants. Obviously if they ate well, they were a member of the privileged society, as opposed to the thin scrawny laborers who had a minimal amount to eat.

As a medical society we now know that many factors contribute to a person's weight. Genetics is a big part, as well as lifestyle and nutrition.

So again, why does a doctor have to bring it (the weight) issue up when the visit is not for a weight check? It's

called prevention, and we do many things to prevent illness.

Immunizing kids is one example, as is routine car maintenance. We try to circumvent the problem before it causes damage.

So what is obesity and why has it become such an important issue with Pediatrics?

Obesity is defined by many scales, but the best indicator is the body mass index.

BMI is a measure of height compared to weight. Anyone, regardless of age, with a BMI of greater than 30 is considered obese.

Why do we care? Obesity is becoming an epidemic. It is estimated that greater than 50 percent of kids are obese. It is a proven fact that obese kids become obese adults.

Obesity and its complications costs billions of dollars in health-care management, and the complications are long standing.

Many of these illnesses include diabetes, hypertension, and hyperlipidemia, not to mention depression and other mood and food disorders.

Evidence of these illnesses can be found in many adolescents today.

So, why as a Pediatrician must I bring up weight at a sick visit? Well, it

may be the only time I see the patient in the next year.

If you only come in when you're sick, the visits hopefully are few and far between. No one likes to hear that they may have a weight issue, but dealing with this issue and being up front can impact the entire family.

Parents will often times change their behaviors for the benefit of their kids. I doubt any parent would knowingly cause harm to their child, so education is the key and often it must begin in my office during a 10-minute well exam.

We have the benefit as an Air Force community that fitness is an integral part of our work environment, but it is also a crucial part of developing healthy families.

I understand that change is difficult but with a positive approach, we can all implement ideas and address issues for the benefit of a healthy family unit.

Together we can provide encouragement and stability for those kids that are dealing with obesity and the co-morbid disorders that accompany it.

Remember this is a lifestyle change that takes the effort of the entire family, but healthy kids are what we are all aiming for.

**Here are a few tips to help start off making appropriate dietary and lifestyle changes. Use the acronym SAFE.**

### Skip high calorie drinks

Drink at least eight glasses of water each day. Choose diet sodas instead of regular sodas. (Clear sodas have just as much sugar as colored.)

### Alter your snack behavior

Large snacks between meals cause weight gain. Keep snacks small and healthy, such as fruits and vegetables. Don't buy large bags of chips; choose the smaller size.

### Forget unhealthy fast foods

Limit eating fast food to no more than twice a week, and do not super size! Make healthy choices and reduce your intake of fried foods.

### Exercise daily

Try to walk at least 10,000 steps a day. Use a pedometer to track your progress. Watch no more than two hours of television a day. This includes playing video games.

$$\text{BMI} = \left( \frac{\text{WEIGHT IN POUNDS}}{(\text{HEIGHT IN INCHES}) \times (\text{HEIGHT IN INCHES})} \right) \times 703$$